



March Newsletter

Here we are to March and the Spring time change which occurs on Sunday the 9th. My preference would be that we just leave time alone. It is just another way to keep people off balance by thinking too much.

As I am preparing the newsletter to go out we have a potential high of 40 degrees today. We have about a foot of snow on the ground from last weekend's storms, but we really got off light.

I continue to be amazed at how life is changing so quickly on the planet. I have really proven to myself that keeping my energy high does make a difference. It takes paying attention to what is going on in my mind and emotions and getting the energy back up as soon as I notice that it has dropped. Sometimes all I have to do is look out of my window and focus on the beauty that I see there, take a few deep breaths and I feel myself lifting both physically and spiritually. Other times, may have to find something really up lifting to feel into—the amazement of how many people Love me, how much good I am finding in my life as I change my perspective, how joy and abundance attract JOY and ABUNDANCE. Gratitude increases my field of influence and not only lifts me up, but seems to up lift others also. That is a joyful experience. I have times of emotional clearing and times when I cry and don't even know why. One thing I find is that I recognize the ploys that the EGO uses to bring me down much quicker than I used to. I can get myself back into the flow easier now, even when the EGO is doing its best to make believe that things won't work, I know that they really will keep getting better as I allow them.

I have the wonderful proof from overcoming cancer and recovering so quickly from my broken wrist and tendon surgery. It will be six months this month since I had the tendon surgery and I have almost totally recovered the use of my hand, wrist and arm. The good news is "If I can do this, anyone can"! I can be just as stubborn and resistant as anyone, maybe more

so. So I am sure that whatever your challenges, YOU CAN OVERCOME THEM ALSO. That is a powerful intention that I hold for each and every one of you.

We are entering our third month of the "Personal Growth" package. I feel the excitement growing as more people are joining in and coming home to themselves. This is such a powerful time on the planet and we all are required to draw upon the depths of Courage, Faith and Connectedness that have always been there for us, but for so long we have believed that they didn't exist, at least in us. What a great Revelation to discover the riches that have been waiting for our discovery right inside of ourselves.

With the "Personal Growth" package each month you can get the Teachings, Q & A and a one hour private session with St. Germain to develop your personal evolution in spirit. The cost will be \$120 per month with a six month commitment which is a great deal as a one hour private session is \$200 normally. This is an ongoing opportunity that will continue to expand and up lift us.

Just imagine spending an hour of valueable time each month discussing anything about your growth that you wish with the Master. We have the good fortune of spending time with him regularly and it is such an up lifting experience.

Be sure and check out our clips on YouTube. Go to MollyRowland33 and listen to St. Germain's latest channelings.

Rainbow Center News

Our group for March is "World Vision". We are moving toward the remembrance of a Vision that has guided each one of us in the creation of our Soul

Script life time after life time. The changes that are occurring on the planet now can be viewed from the Fear that nothing is going to improve or they can be seen as the grand potential for all of us to recall how we can integrate our desire to have a better planet and a much more desirable future for our children and grandchildren. The World Vision emerges as we allow ourselves to raise our personal frequencies so that we can see, as St. Germain says, “What is right at the tips of our fingers beyond the veil of our disbelief”. As we lift our consciousness we find that there is so much that is waiting to be discovered “right where we are”. The group will be March 9, 2 p.m., at the Rainbow Center for the Humanities, 177 N. 4th in Lander.

CD’s can be purchased on the website at <http://www.voiceofthegatekeepers.com/store/index.php?route=product/category&path=71>

Our March Teaching with the Master is “Success is Real and Sustainable.” St. Germain spoke of this in the newsletter article in February and now he wishes to expand on that beginning. Success has been seen as a Golden Opportunity that belongs only to a chosen few. Yet success is so much more than just a monetary increase. It is a whole new way of life. The call-in starts at 7 pm MST on March 12.

If you haven’t had the experience of the Teachings that St. Germain is offering this year they really help us to understand what is going on. It just might be worth your while to check them out. The deep healing power of the Master is there to experience again and again as you listen to the awesome wisdom that he brings. CDs are \$15 for each set—Teachings or Q&A. It is \$25 to call in one time or \$40 for both sessions each month. Postage and handling are separate.

To order CD’s or DVD’s
www.voiceofthegatekeepers.com/Teachings.html

ASTROLOGY

FULL MOON-March 16



Our Full Moon picture comes from Karen Singer. Thanks Karen for this inspiring photo.

This Full Moon in Virgo has an encoding of a fundamental challenge of our times to accept and integrate our unity, recognize our personal divinity and realize that we are forever connected to the Cosmos. The Virgo-Pisces axis focuses on the blending of head and heart. We live and breathe in a sea of frequencies and rhythms. The Music of the Spheres contains the celestial ratios and harmonics that influence life on Earth. We are constantly affected by magnet energies, by sound waves that, even though they are thousands of times lower than the human ability to hear them, they can be read by astroseismologists to obtain information on how our planet is being influenced by the cycles of the waves that they produce.

Quantum physics tells us that light is both a particle and a wave. Virgo focuses on the particular and Pisces on the wave form. Virgo’s spiritual aspects seek to lift us out of the limitation of judgment and into the freedom of discernment, from humiliation to humility, from the slavery of servitude to the freedom of service. The shadow side is guilt, shame and addiction.

This Full Moon squares the Galactic Center at 27 degrees Sagittarius. The emphasis is on the stream of transmissions that are pouring forth from the heart of the Milky Way galaxy—many times larger than our Sun this black hole transmits radio waves, with periodic flares of X-rays, Gamma rays and infrared radiation. Any alignment with the Galactic Center supplies tremendous support for the releasing of old emotional patterns, out-moded beliefs and a new clarity that helps to reveal our path as a New Human.

We are transcending fear, judgment and the love of power to live in the fulfillment of faith, acceptance and the power of love. The word “crazy” is used all of the time to describe how life feels in these times. Take the

time to connect to your own personal feelings and center into the power center in the area of your heart, solar plexus and splenic chakra. No longer can the head rule the heart. Reactions require attention so that you respond rather behaving aggressively. Practice, as much as you can, the essence of compassionate objectivity. Become a living breathing solution, rather than becoming stuck in the “the problem”. You are the most amazing being. Feel it, accept it, experience it, and LIVE IT.

NEW MOON-March 30

This may well be the most powerful New Moon of the year. Aries is the sign of new beginnings, birthing, breaking new ground and exploring new territory, within as well as without. It takes great courage to be the pioneer that blazes new trails, stepping away from the familiar and revealing new vistas, new understanding and broad new horizons. These explorations remind us that we are all united, one of a kind, yet all one. Each one carries a spark of the divine within, expressing the spirit of Love and Life in our own unique way. Aries truly reminds us that we are becoming New Humans with the passing of each day.

When Sun, Moon or faster moving planets cojoin with slower moving outer planets the evolutionary pace picks up, pushing us along toward greater transformation. The New Moon in Aries conjuncts Uranus, magnifying the T-square between Jupiter, Uranus and Pluto and advising us to be prepared for the next giant step on our path. Uranus is the higher octave of Mercury and represents our higher mind, our vision of the future, our humanitarian point of view and our ability to promote change right where we are. Jupiter squares Uranus, Juno and the New Moon and opposes Pluto, emphasizing where we must blend emotions and mind, as well as have respect for the feminine. The North Node of the Moon has moved into Libra (February 18, 2014 to November 11, 2015) which brings the cosmic message of peace, balance, equality and unity.

Uranus and Pluto make seven exact squares between 2012 and 2015, applying pressure for us to bring into being the visions birthed in the 1960's during their last conjunction. We are only three weeks away from the fifth of the seven exact squares (April 21, at 14 degrees Aries-Capricorn) which will be greatly intensified by Mars at 14 degrees Libra and Jupiter at 14 degrees Cancer. April will be the second time that Mars has

been involved with the Uranus-Pluto square. Mars is the lower octave of Pluto and ruler of Aries. It brings the initiative and energy of passion to set in place major changes in the social conditions on the planet as it aligns with Jupiter, Uranus and Pluto. The already obvious drive on the planet for self-determination will become stronger under these influences.

Vision and purpose are a vital part of our journey and this New Moon will inspire us to expand our perspective of life to new horizons.

THE CRYSTAL CORNER

Linda is experiencing temporary difficulties with her wrist and therefore could not operate her computer to put out a column this month. We will be looking forward to next month.

In the mean time I bought some wonderful stones from her on her return from Tucson. She is planning to talk to St. Germain soon about the ones that he has not yet defined.

One stone—Scepterian—looks like a miniature grotto. It is filled with druzie quartz that is black as the mysteries that it seems to be full of. The outer shell looks a lot like that of a tortoise, all beiges and blacks.

Another new stone is Cave Aragonite. It is agate, but the energy is full of mystery. It looks a lot like pictographs.

A new Goddess stone is Aquamarine and pink tourmaline—such soft and gentle, yet powerful essence. Also, I got druzie lapidolite with pink tourmaline. It is calming and soothing as well as comforting to our wounded emotions.

Be sure and check in next month for updates. For more information about any of the stones, please contact Linda.

Linda Thomas

Eternal Ice Enterprises

(800) 757-8478 or (307) 754-4396

www.eternal-ice.com

BODY LANGUAGE

In these times when paying attention to our body is more important than ever, I felt that it would be a great time to talk about the body in all of its multi-faceted aspects.

We hear a lot about weight and most of the information is directed at what we eat or how we eat in a physical way. Little if anything is addressed to the emotional issues that drive us to eat the way we do and how to potentially overcome them. Food really is more about feeding our emotions than our bodies. The more that we raise our frequency and feel good about ourselves the easier it is to eat in ways that support the higher level energy. Depression can cause one to just want to sit and not do anything productive. So eating while we watch TV or doing things that we would rather not be doing seems to temporarily stop the discomfort of our emotional dissatisfaction.

It takes discipline and focus, not only to find out what will best serve you in these changing times, but to follow up on the requirements for your greatest good. Keeping yourself in a good frame of mind when it would appear that things are not going well in the world, is a definite challenge now. Laying blame outside of self has been *easy* and certainly is the way that we have been taught for as long as anyone can remember. The issue around food is not who is to blame, but for each person to take responsibility for their own life, which is precious, and their own eating habits. (I just heard a moan from the EGO—“That’s too hard”.) Taking good care of yourself gets easier and easier as you take the time to care. Taking the time to care for yourself can happen in the same time frame that you would normally decide to eat the first thing you can get your hands on. You can eat processed foods or choose to eat vegetables. It takes time to plan to eat healthy on a budget. Remember that the better you feel the less you eat. Processed foods lower your body’s ability to produce energy over a long period of time. Carbohydrates and sugars are quick energy producers so if you eat nothing for breakfast or you grab something sweet, about mid-morning the energy drops out from under you. The excuse that you don’t have time is preprogramming for the habit of not taking care of yourself. When you feel good you will find that you actually feel as though there is plenty of time.

The food industry puts additives into processed food that makes it taste good, but takes your energy down in a short period of time. When you eat vegetables they activate the same taste sensors in your brain, but don’t take down your energy. When you first begin to change from processed foods to whole, natural foods the body must release the toxins that have built up from the chemicals that make insufficient foods taste like something that you want to eat. Children that are taught to eat vegetables from the beginning will eat vegetables all of their life if given the opportunity. Children that are started out on chemicals believe that that is what you should eat. Changing to a healthy way of eating is very much like breaking a drug addiction, because that is exactly what it is.

Exercise is something that many people believe takes time away from something that they want to do. Some people love to move and others do not. So, finding ways that are attractive to you, that get you moving, are important. The motivation that you should exercise inspires the rebellion against the parental order. To be inspired with the feeling of a healthier, happier you is much more fun. **It is a challenge to overcome the EGO’s list of excuses.**

The question arises, “How do I get started?” One way is affirming health and wellbeing until you actually begin to feel it as true. It may take a while, but as you are committed to yourself you actually begin to feel healthier every time you affirm that you are. You are building an emotional/spiritual muscle rather than just physical muscles. When you put the two together—emotional and physical—you get the Wow factor. You can affirm health and well-being sitting at your desk, walking to the bathroom, doing house work, driving your car. (Rather than just listening to the radio spend some quality time affirming yourself to you. Make sure that you are not just saying words, but feeling the impact of the words on your heart and soul.) It isn’t just what you are feeding your body, but what you are feeding your mind and spirit that make the difference. Prayer before eating isn’t just thanking God for the food, but blessing what will now fuel your Sacred Vehicle toward the life that you desire to live.

Eating healthy can be done, but it requires deciding that you will take the time to change. It is the change that we are most resistant to. Know that the fact that vegetables seem so much more expensive than processed food is intentional. A sick, low energy society is much more controllable.

It is the responsibility of every man, woman and child (Yes, child! Children that are raised understanding healthy choices will be much more likely to follow those choices through life.) to help make a difference by eating healthy and being just as considerate of what is going into your mind as into your body.

A Big Mac meal costs almost \$10.00 here where we live. I can go to the store and purchase a whole, seven pound chicken, a big bag of organic greens and baking potatoes for about the same price as one Big Mac meal. Yes, I have to cook it, but the outcome for my body and my life is “I am worth it”.

Be Heart Happy!! We love you.

ST. GERMAIN'S MESSAGE



And so it is Beloved Masters, your growth is now completely available and totally up to you. No longer can you be told “this is what you do and this is how you do it” because the ones who have gone before you can only speak of their experience, which will not be exactly yours. No longer can “memory work” alone assist you in the accomplishment of what you desire. Hard work is hard energy and as such it makes forward motion slower and more awkward. As you move into your own energy field you can feel the connection to upward mobility as a tug at the base of your navel. It is as though you have a string anchored there and as you allow your energy to lift you up you feel a sense of enlightenment drawing you forward and upward. The mind, when it is focused on positive thoughts, ideas and actions, becomes a companion to the spirit and that again lifts you up. When you feel good about yourself you accomplish so much more than when you are *fighting* to get ahead. When an old paradigm is fading there is a tendency to attempt to hold on to the

outmoded ways. Fighting for what is yours has always been a lie of the illusion, but more than ever the waste of war is being revealed. When there is a lot of anger war can seem justified, but when there is no victory, only more fighting, soon even the outlet for anger brings no satisfaction.

When words are spoken the mind believes that it totally understands what those words convey. Without the connection to the feeling nature much of what we are sharing with you is misunderstood. We say, “Hold a good intension for your good” and the mind says, “This is what I would like to see happen”. Holding a good intension has no investment in outcomes. “What I would like to see happen” has a fixed goal in mind and if that does not occur the mind may decide that you did not get a *good* outcome. Setting intensions is a blended energy. It brings the thoughts of the mind and the feelings of the spirit together in a higher energy field than you have known before. Learning to operate in that rarified essence requires being clear and present with yourself all of the time.

An excellent example of intensions without consideration is being played out right now in the western part of the United States. Marijuana is a drug that can “ease pain”. The cost is that it separates the person from their energetic ability to assist in their own healing. It has become legal in the states of Colorado and Washington. Suddenly, people who have had little experience with wealth are overwhelmed with money. The fear of “not enough” has become the fear of “too much” and fear is like a magnet to those who will take advantage of fear. Now the “Good Life” has become a prison of fear for those who gave little consideration to the outcome of their actions. *All they wanted was to get rich quick.* And they did. The issue is that a **POOR MAN WITH MONEY IS STILL BOUND BY ALL OF HIS OLD BELIEFS IN LACK.** Much of the planet is plagued by the fear of loss in these times because the changes are taking things in a totally different direction energetically. Nothing is as it once was. As I spoke last month “Success is real and sustainable”. However, it is not achieved in the same way that it was in the illusion.

These people who are selling marijuana have just as much right to be rich as anyone else, but there are questions about being rich that they hold in the back of their minds and that is what is attracting so much conflict. Criminal minds are looking for places where they can take what others have created. Whether it is the theft of money or the products that make the money,

identity theft or hacking into computers or cell phones to take personal information away from others—all of these ways of obtaining potential wealth from the efforts of others are simply misuse of power. This misuse has always been there in the illusion, and as the old order is ending there is an acceleration of the limited ideas operating on the earth. Humanity has not been educated to the understanding that “whatever you do to another you do to yourself”. *Like attracts like*. It is the Golden Rule.

It is one thing to hear a teaching and another thing entirely to comprehend the scope of the teaching. The belief that the “*have not's*” have a right to take from the “*haves*” is a product of skewed *logic* rather than truth. Also, Beloved Masters, for the “*have's*” to use their power to take from the “*have not's*” is also inappropriate.

Truth—the earth is an abundant planet and there is plenty for everyone.

Truth—the illusion has presented a picture that only a few deserve the good and others have to grovel just to survive.

False—taking what you do not have by stealing it from others is justified.

Karma is the law of cause and effect—what goes around comes around, what you sow you shall reap. These are not aspects of God's punishment, but of Divine balance to prevent chaos from taking over the planet. Many people believe that because they do not get caught by the legal system or someone outside of themselves that they are not subject to negative outcomes for their negative actions.

Everything on this earth is energy first. Your physical body and physical possessions are the outcome of energetic concepts created by the use of your personal power (energy). What you imagine becomes real. If you dwell on fear-based energy, you find yourself living in the Hell of those creations. As you are willing to shift your focus your life begins to change. As you begin to make the shift your attention wobbles between how you have lived for so long and the new way of being. You get great results as long as you hold your attention on higher frequencies, but you get tired, bored or lazy and your attention slips back into the old patterns. Then the EGO says, “See you don't deserve

that much good” or “You keep losing the thread of energy because you are not good enough”.

The focus of the illusion has become the making of money. You came here to learn how to be spiritual beings in physical form. Money is the symbol of the currency flow of God. Money is *not* God! Without the spiritual awareness money becomes empty. Divine Love can show the way to live with less money in higher consciousness. The Egoic mind cannot imagine how that could happen.

You are just beginning to awaken and realize that there is so much more to life than just working, working, working to survive. You work **HARD**. You play **HARD**. You keep saying how **HARD** life is and life gets harder. You keep saying there is not enough and you begin to lose what you had that did not seem to be enough and now there is less.

In higher frequencies your thoughts manifest quicker. Let I say that again!!! ***IN HIGHER FREQUENCIES YOUR THOUGHTS MANIFEST QUICKER!!!***

Any thought, every thought will come to pass almost instantly. Some of you are beginning to notice that you think of something or someone and there it/they are. Living a better life comes from the connection to intuition in a conscious manner. You get a feeling about something and rather than dismiss it as you have in the past, you follow your hunch and you are led to a place you were looking for or an answer you had been seeking. *Logic* wants to wave ***SYNCHRONICITY*** aside as coincidence. In the smallness of the illusion that appeared to be true, but there is so much more to you than you have allowed yourself to even consider. You are divinely connected to everything and everyone that exists. When you send out a thought it influences the essence of creation and an action or reaction is set in motion. **YOU ARE THE CREATOR OF YOUR REALITY!** Your EGO doesn't want that kind of responsibility, but God created you with the ability and the necessity to use it well.

People who only understand how to live by the dollar, whether they have a lot or a little, will fight to continue to live that way because that is what they know. Even if life is difficult, limited or painful it is all they know. Change looms as a fearful potential to most because “Change has not been proven”. Now if living by the money standard has been proven unstable, often undependable, why would giving change a chance be so frightening? Yet the most obvious energy expressed in these times is resistance.

Knowing how energy works does not necessarily make you understand it. Intellectually, you have the concept, but the missing pieces are in the spiritual realms and you cannot see, taste, touch, smell or hear spirit in the lower frequencies.

The changes to a rich life will not occur with another “Get Rich Quick” scheme because it is the same old thing over and over. It looks great. A few people always make money and then the whole thing falls apart because it was based on “the ones at the top making money and the ones at the bottom, supporting them” again one more time. When you begin to realize that it isn’t just the money, but the fun, the freedom and the fulfillment that you are seeking you can begin to put your focus on what you desire rather than just on how to get it. When you get clear what you desire you begin to magnetize it into your life without the pit falls of just wanting money “no matter what”. It’s that “no matter what” clause that caused the difficulties.

Revelation is showing you the fine print in your spiritual contract. You cannot get away with unloving conduct, especially as the frequencies are accelerating so fast. How often do you criticize yourself or others because you are angry about your life not working? Pay very close attention to how anger, hatred or the need to fight, bring your energy down. You might have been feeling good until someone says something that you do not like and immediately your energy plummets. If you hate for people to fight, every time they do you get angry because you feel out of control in your own environment. **YOU CANNOT CONTROL OTHERS—HOW THEY ACT OR WHAT THEY DO**—but you can decide to direct your own energy into higher levels. Forgive saying things such as, “I can’t do that” or “I never will be able to change”. Those thoughts are creative energy in its lowest form, but still creative energy. Your anger draws people who will “feed” off of that energy. The angrier you get the stronger they seem to be. They are using your angry output to fuel their desire to dominate. You might think that anger makes you stronger because at first you may feel more energy as you go into battle, but the adrenaline rush wears off quickly and you feel like a victim without any power against someone who is determined to control you. These people are not using their own energy, they are using yours. They are not taking it from you, they are just filling up on what you are pouring out to them. When you collapse and have no more energy to give they will move on to another argument or conflict. They fill themselves up with the energy of other people’s anger. When they can’t find a fight they start one to get more

energy. Whether it is a bully, a boss or the leader of a country or corporation, “power mongers” look for war to provide them with the energy to over-power others. Fear also feeds them, which is why the thieves that are looking to take the identity of others are drawn to those who are afraid that they will be robbed in some way or those who are so out of touch with themselves that they do not energetically hold a space of protection in their own auric field.

So Beloved Masters, more than ever before it is imperative that you pay attention to what you are thinking, the emotions that go with the thoughts and where your focus is being directed. If you fear being taken advantage of and the focus of your life is to prevent being taken advantage of you may find that that becomes a way of life. You find people who are attempting to take advantage and your energy draws them into your life. You tell other people about how you are being taken advantage of and it seems as though it happens more and more often. The harder you try to prevent the invasion the more things happen to potentially take something from you. The fear and the anger that you feel about such unjust invasion just magnetizes those kinds of events and you get overwhelmed.

What are you thinking as you read this? Do you doubt what I am saying? Do you believe that you have nothing to do with what happens in your life? Experiment: For three weeks speak well of yourself. Do your best to only say kind things and feel good feelings about yourself and your life, as well as others. When you want to say something negative, just for once make yourself say something good. Pay attention to what is going on in your solar plexus when you make an honest effort to be positive all of the time, even if you don’t want to. Just three weeks of positive thinking—then you can go back to living the way you did if you still believe that you have nothing to do with how your life goes. Holding a powerful, positive intension about each person, event, outcome or potential not only makes your life better, but it also helps to lift the spirits of other which is a simple gift that costs you nothing.

The EGO says, “But I have to say what I feel”. The Truth is that when you want to tell someone something that your emotions can’t contain, what you think or what you just need to tell them so they can know “where you stand” consider how you would feel if someone was not only saying those words, but sending the energy of negativity that goes with telling someone off to you.

We have used money as a standard for this discussion, but anywhere in your life where you are off balance, full of confusion or fearful of the future just know that the way out of the limit lies within you. You are the creator that makes it all happen—by your thoughts, reactions or positive actions, by the focus you put on each condition and what you believe life is about.

The planet is at choice. Many are choosing what they believe is the “easy way out”. The question is “In the long run will this make things easier or just in this moment”? You make choices and they take you to the next point of choice and the next. Each choice determines where your next step will go. Keep your energy high, look for the gifts of synchronicity and be amazed at how easy life can be. At first it requires that you be present with yourself so that you don’t miss important points. As you take the time to really engage in the process soon you find that living in Truth, in touch with yourself is the most natural way of living possible. It really isn’t about a desperate need for money after all. The **real life** allows the flow of goodness to, as the Master Book says, “Follow you all of the days of your life”.

And so Beloved Masters, we are with you every step of the way. We can assist you when you are open to help. When you want us to step in and make your life work we must, of necessity, move away. You are the Creator of your life. **PROVE TO YOURSELF THAT YOU ARE 100% CAPABLE OF MAKING IT THE BEST LIFE EVER.** Until we meet again in whatever manner that might be in the greatest of Love I bid you Adieu! I remain your most humble servant. I AM the Lord St. Germain

ADS

HIGH-VOLTAGE NATURE



Karen Singer photographs beautiful nature photos and creates digital transformations as Prints, Posters, T-Shirts, Calendars and Greeting Cards that assist and inspire to powerfully re-connect with our own nature and the beautiful Earth we are so blessed to live on.

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Email: highvoltage@nature@gmail.com

OF POETRY AND PROSE by Nanna Hansen

This is a special and very personal website that shares the dreams and visions of Nanna L. Hansen from past, present and future. Nanna’s Visions come from many timelines. The writing is often in old style and yet it addresses modern subject matter. Her website: <http://www.ofpoetryandprose.ca>

Maia Rose does sacral cranial work and massage, as well as other therapies. She is located in the Rainbow Center, 177 N. 4th St. in Lander. For appointments call 307 345-3262.

Delphinia Bey—Massage Plus is a massage therapist, reiki master and healer, who practices deep tissue massage, hot rocks and other modalities. She located at 150 S. 2nd in Lander. For appointments call 307 349-2120

Annalaiya is an iridologist and flower essence practitioner and natural healer, who has a background in chiropractic medicine. She can assist in physical, emotional and spiritual healing through the music table, color box, nutritional counseling and many other offerings. Wholistic Options, 214 Main in Lander is open by appointment.

Call 307 332-9882 for appointments and information.

Delores DeVore owns Sound-Works-- healing with voice and tuning forks. www.sound-works.biz , www.ddswebdesign.com or call Delores DeVore 678 634-1249

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